

# KEEP CALM and STOP THE SPREAD

## Protect against COVID-19

Wash your hands for 20 seconds

Cover your sneeze and cough

Socially distance – stay at least 6 feet apart

Stay home

Check on well-being of others

Let's work together to stop the spread

**LEARN MORE:**

[coronavirus.echealthdepartment.org](https://coronavirus.echealthdepartment.org)

715-831-7425

**#StopTheSpreadEC**



Eau Claire City-County  
Health Department